

- For more data related to physical activity among adults in North Carolina, please visit the N.C. Behavioral Risk Factor Surveillance System Web site, www.schs.state.nc.us/SCHS/brfss, and the Eat Smart, Move More NC data Web page, www.eatsmartmovemorenc.com/Data/Data.html.
- For more data related to physical activity among children and youth in North Carolina, please visit the Youth Risk Behavior Surveillance System's Web site, <http://apps.nccd.cdc.gov/yrbss/SelHealthTopic.asp?Loc=NC>, and the Eat Smart, Move More NC data Web page, www.eatsmartmovemorenc.com/Data/Data.html.

NUTRITION

- In 2007, only 21.6% of North Carolina adults ate at least five fruits and vegetables daily, slightly lower than the 24.4% among U.S. adults (Figure 8.3 and Table 8.1).
- In 2007, only 14.8% of North Carolina high school students ate at least five fruits and vegetables daily, lower than the 21.4% of U.S. high school students (Figure 8.4 and Table 8.2).
- Public health interventions in North Carolina related to nutrition and chronic diseases, including cardiovascular disease, are led by the Eat Smart, Move More NC Leadership Team. The Physical Activity and Nutrition Branch in the Chronic Disease and Injury Section of the N.C. Division of Public Health staffs the Executive Committee of the Eat Smart, Move More NC Leadership Team. For more information, please visit www.eatsmartmovemorenc.com.
- Public health interventions in North Carolina related to breastfeeding and good nutrition among infants, children, and women in their child-bearing years are led by the Nutrition Services Branch in the Women's and Children's Health Section of the N.C. Division of Public Health. Evidence is growing that breastfeeding and good maternal, infant, and child nutrition may reduce chronic diseases later in life. For more information, please visit their Web site, www.nutritionnc.com/index.htm.
- For more data related to nutrition among adults in North Carolina, please visit the N.C. Behavioral Risk Factor Surveillance System Web site, www.schs.state.nc.us/SCHS/brfss, and the Eat Smart, Move More NC data Web page, www.eatsmartmovemorenc.com/Data/Data.html.